MEXICAN FOOD CAN BE HEALTHY?

FORGET WHAT YOU THINK YOU KNOW. PAGES 11-13

metro
BOSTON Tuesday, March 31, 2015 www.metro.us | t: MetroBOS | f: MetroBoston

Rhythm king

Record keeper. For more than 54 years, Skippy White has sold records to Bostonians, bringing R&B and hip-hop to the city during a time of great racial intolerance. PAGE 02

Skippy White in his Roxbury record store. / NICOLAUS CZARNECKI, METRO

Woman swindled bombing charity

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Oh cool, another dude in late-night TV

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MLB power rankings: Sox land at No. 12

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1 NEWS

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3 'Police reportedly get whole town high on accident'

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Skippy White: Boston's vinyl and radio blues king

The modfather. The man who brought R&B to Boston radio in the '60s and hip-hop in the '70s, abides.

Deejay Skippy White on air at WRCA 1330 AM's Gospel Train in Cambridge. / NICOLAUS CZARNECKI, METRO

Skippy White is surrounded by the clutter of his life's work: A Prince album here; an Aretha Franklin live album there; a particularly worn Led Zeppelin II sits atop a heap of other records, near stacks of gospel cassettes. Cardboard boxes are everywhere.

At 78, he's the city's oldest record store owner. He's been running his own shop for 54 years. White's life has been defined by music — he was the first deejay in Boston to play R&B records in the early 1960s, he said, and the first to sell hip-hop records in the city. He doesn't have any hobbies. This space — Skippy White's CDs and Records in Roxbury's Egleston Square — is his life.

It's also a bit of a mess. Some of the records are alphabetized. Some are not. There doesn't appear to be much rhyme or reason to the organization, he's told. He shrugs.

"A lot of the people who come in and are looking for vinyl would rather go through a mixed box because you never know what you're going to find," said White, whose given name is Fred. "They'd actually prefer it that way."

White has collected records since he was a teenager. He traces his love of R&B to hearing The Orioles cover "Crying in the Chapel" on the radio as a kid growing up in Waltham.

Quoted

"All of the disc jockeys were white and playing Frank Sinatra and Dean Martin. I'd call it white elevator music."
Skippy White

White thought he wanted to be a writer and studied journalism at Boston University for three years, but had to drop out in 1957 after he was laid off from his job at Raytheon and could no longer afford the tuition. He began buying records at warehouses, trading with other record collectors, then selling records to collectors, then selling the records to stores.

At 20 he landed a gig working at Smiling Jack's College Music Shop. By 23, he opened his own store on Washington Street in Roxbury. He also began deejaying on the radio. He says he was the first deejay in town to play R&B records of the day. The year was 1961.

"All of the disc jockeys were white and they were playing Frank Sinatra and Dean Martin. I'd call it white elevator music," said White, now a grandfather of two who lives in Natick. "I started playing two hours of rhythm and blues."

Other American cities, said White, were playing R&B, but not Boston.

"Boston's always had a little bit of a problem with race relations," he said.

A generation later, in 1979, he was at the forefront of bringing another genre to the local masses. White was the first to sell The Sugarhill Gang's "Rapper's Delight" locally, meaning he could be considered to be the man who physically brought hip-hop to Boston. He remembers selling out of the first 50 copies in about a day.

That was more than 35 years ago. Nowadays, surviving as a record store owner in the age of Spotify and other digital music services is a challenge, he concedes. The people who walk into his store can usually be separated into two groups: old Luddites who don't want to use a computer to find and download music or young hipsters who fetishize vinyl.

Vinyl sales have increased in recent years as CD sales have eroded, he said. Yes, he does do some sales online to specialty collectors. It helps him stay in business, he said.

He doesn't blame consumers for flipping his industry on its head. The price of CDs has always been exorbitant, he said. Online file sharing is a result of consumers realizing they were being had. The suits in the music industry got too greedy, he said. "They shot themselves in the foot."

Count Eugene Thomas among the Luddites. The 56-year-old who lives in Bourne, drove from the Cape in search of a particular O'Jays album. He's been frequenting White's record stores since the early 1970s.

"If you didn't know the songs, you'd come and hum it and he'd find it for you," Thomas said. "They don't have spots like this anymore."

White, who still host two radio shows on the weekends and is currently writing a book about his career, scoffs at the notion of retirement.

"What would I do? Sit and watch TV? I'm not a couch potato. I have to keep active," he said. "I've got to keep going. I love the music. It's what I live for."

DANNY MCDONALD
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Peabody

Man charged with his wife's murder

A 46-year-old Peabody man was arraigned Monday on charges he bludgeoned to death his estranged wife.

Essex County prosecutors said Joseph Buonanduci killed Donna Buonanduci, 45, of Marblehead when she came to his home Friday to retrieve personal items. The couple's son, after not hearing from his mother, went to his father's Putnam Street home with his grandfather. The two noticed signs of a violent struggle in the home, left and called police.

Police found Donna Buonanduci's body in an upstairs room around 9 p.m. Friday.

Joseph Buonanduci was arrested following a high-speed chase Saturday morning that ended with him crashing his car on Route 495 in Amesbury just before 10 a.m. METRO

Fraud. Woman arraigned on charges of swindling marathon bombing charity

Joanna Leigh / NICOLAUS CZARNECKI

A 41-year-old Jamaica Plain woman was arraigned Monday on charges she tried to swindle the One Fund by falsely claiming to be a victim of the Boston Marathon bombings.

Joanna Leigh was arraigned on five counts of larceny by false pretense and one count of making a false claim to a government agency.

She stands accused of receiving about $40,000 in cash and services from the One Fund and other services by falsely claiming to have been hurt in the 2013 bombings.

Leigh was released on her own recognizance, but was ordered to surrender her passport. DANNY MCDONALD

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Bombing. Jury hears of victims' pain, anguish

Two of the people killed in the Boston Marathon bombing were torn apart by one of the blasts that ripped through runners and onlookers at the finish line, medical examiners testified on Monday as prosecutors wound up their case against accused bomber Dzhokhar Tsarnaev and defense attorneys began calling witnesses.

Tsarnaev faces death or life in prison if convicted. It is not clear if Tsarnaev will testify in his own defense.

Massachusetts' Chief Medical Examiner Henry Nields showed the jury 8-year-old Martin Richard's blood-stained gray New England Patriots T-shirt with holes that correlated with injuries to the child's torso.

On the 15th day of testimony in Tsarnaev's trial at the federal court in Boston, Nields said a piece of shrapnel appeared to have gone straight through Richard's body.

"It would be difficult to say the precise location due to the size of the openings in the abdomen," he testified. Nields was the 92nd and final witness called by the prosecution.

Shrapnel from the same homemade pressure-cooker bomb that killed Richard punched through Chinese exchange student Lingzi Lu's legs, causing the 23-year old to bleed to death within minutes, Boston medical examiner Katherine Lindstrom testified. **REUTERS**

Dzhokhar Tsarnaev
SKETCH BY JANE FLAVELL COLLINS

Praising the 'Lion'

President Barack Obama praised late Massachusetts Sen. Edward Kennedy on Monday at the inauguration of the Edward M. Kennedy Institute for the United States Senate. The president called Kennedy an inspired leader who bridged the bipartisan divide.
REUTERS / GETTY IMAGES

Feds. Boston schools underserving learners of the English language

About one-fifth of all Boston public school students whose first language is not English are not receiving adequate educational services, according to the district.

A letter from the federal government — signed by attorneys from the U.S. Department of Justice and U.S. Department of Education earlier this month — highlighted the district's shortcomings regarding English-as-second language (ESL) instruction.

The letter, dated March 2, states that just under a quarter of so-called English-language learners (ELL) are receiving insufficient instruction, while 49 percent of middle school and high school English-language learners are "either without ESL instruction or are receiving an inadequate amount of ESL instruction."
DANNY MCDONALD

Roxbury

Man arraigned for knife threat

A 22-year-old Roxbury man was arraigned Monday for allegedly threatening a Charlestown woman with a kitchen knife.

Jonathan Aguasvivas was arrested on a warrant for offenses stemming from Friday's incident where he was a passenger in the car driven by Angelo West, the man who allegedly shot Boston Police Officer John Moynihan in the face. Moynihan is expected to recover; West was killed in the subsequent shootout with police. Aguasvivas is due back in court on April 29. **METRO**

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ATM

Six things you need to know

1 Crash pilot had been treated for suicidal tendencies

The German pilot suspected of deliberately crashing a plane in the French Alps last week was treated for suicidal tendencies years ago before he received his pilot's license, German prosecutors said on Monday.

This was the first acknowledgement from German officials that the pilot, Andreas Lubitz, had suffered bouts of depression and it is likely to intensify a debate about how airlines screen and monitor their pilots.

Lufthansa, the parent of the budget airline, has said it was not aware of anything in the 27-year-old's past that suggested he might have posed a risk.

It has confirmed that Lubitz broke off his pilot training in 2009 for nearly a year, around the time he was reportedly suffering from depression and anxiety.

"Several years ago before obtaining his pilot's license the co-pilot was in a long period of psychotherapeutic treatment with noticeable suicidal tendencies," Dusseldorf prosecutors said in a statement on Monday.

They said that in recent years he had not shown signs of suicidal behavior or aggressive tendencies in visits to doctors.

After searching his family home in Montabaur and apartment in Dusseldorf, and following interviews with friends and relatives, the prosecutors said they had not found any evidence Lubitz was planning such an attack, nor the reasons behind it.

Lufthansa has made clear that Lubitz's medical records were subject to doctor-patient confidentiality and that the airline therefore had no knowledge of what they contained. REUTERS

GERMANWINGS CHIEF OPERATING OFFICER OLIVER WAGNER /GETTY IMAGES

2 College rugby team suspended over chant

The rugby club at the University of Mary Washington in Fredericksburg, Virginia, has been suspended indefinitely because of what the college president described as a chant by several members with "sexually explicit, derogatory and violent language."

"No student on our campus should feel unsafe, ostracized or threatened," Rick Hurley, president of the university said in a March 19 email to the university community, which was made available on Monday.

In his email, Hurley said students at the college had been exposed to what he described as the "offensive and lurid lyrics" through postings on social media.

Hurley said all members of the rugby club would be required to participate in sensitivity training.

Mary Washington is among a number of U.S. colleges that have come under scrutiny recently because of questionable behavior by students. REUTERS

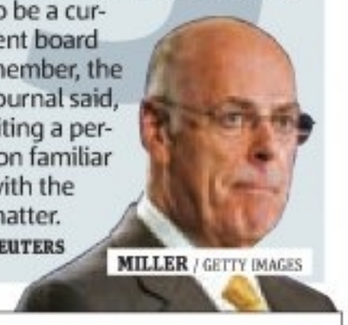
3 AIG chairman to step down in July: WSJ

American International Group Chairman Robert "Steve" Miller intends to step down in July after five years in the role, the Wall Street Journal reported.

Miller, a turnaround specialist, joined AIG board in 2009 and became chairman in July 2010, replacing Harvey Golub who resigned after clashing with former chief executive Robert Benmosche over the botched sale of the insurer's Asian life unit.

Miller joined at a time when the insurer was hit hard by the financial crisis and had to be bailed out by the government using taxpayer's money. In 2012, AIG fully repaid the $182.3 billion bailout.

The insurer's directors have not yet decided on a replacement, but the next outside chairman is expected to be a current board member, the Journal said, citing a person familiar with the matter. REUTERS



MILLER / GETTY IMAGES

4 Indiana to clarify 'religious freedom' law, Georgia, NC bills stall

Indiana Republicans pledged to clarify a new "religious freedom" law, while similar proposals stalled in Georgia and North Carolina after businesses and activists said such measures could be used to discriminate against gays.

Arkansas lawmakers, however, signaled they would move forward with a similar law, even after Indiana was rebuked by companies and executives including Wal-Mart Stores and Apple CEO Tim Cook.

Indiana's law, signed last week, was perceived as going further than those enacted in 19 other states, giving businesses a right to refuse services on religious grounds.

Gay marriage became legal in Indiana last year following an appeals court ruling, and gay rights activists say Republicans pushed through the religious freedom act in response. The law was enacted months before an expected Supreme Court ruling over state bans on same-sex marriage. REUTERS

5 Stanford University investigating cheating allegations

A Stanford University provost is urging faculty members to talk to students about academic dishonesty after a "troubling number" of cheating allegations surfaced in one class, prompting the school to open an investigation.

"Among a smattering of concerns from a number of winter courses, one faculty member reported allegations that may involve as many as 20 percent of the students in one large introductory course," Stanford Provost John Etchemendy said in a letter sent to faculty members last week.

Calling dishonesty "corrosive in an academic community," Etchemendy said professors and instructors at the prestigious private university near Palo Alto, California, had a responsibility to clearly articulate academic standards to their students. REUTERS

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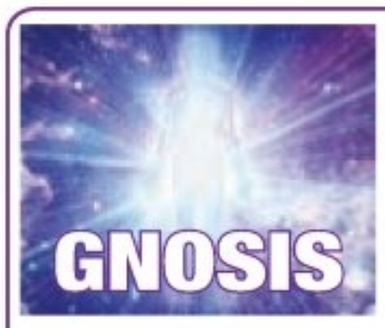

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Eight dead, 10 injured in Florida van crash

Eight people were killed and 10 more were injured in Florida on Monday when their church van drove through a stop sign and crashed into a roadside ditch that was partially filled with water, authorities said.

The single-vehicle crash occurred in Glades County at about 12:30 a.m., Lieutenant Gregory Bueno of the Florida Highway Patrol said in a statement.

A preliminary investigation indicated that the van carrying 18 people was traveling east on State Road 78 when it passed through a stop sign. It crossed all lanes of traffic on U.S. Highway 27 and ended up in a steep, water-filled canal on the highway's grass shoulder, Bueno said.

The driver of the van, associated with a church in the Fort Pierce area, and seven passengers died, and 10 other passengers were taken to local hospitals, according to the statement. REUTERS

Van

18

Eighteen people were in the 15-seat-capacity van when it crashed about 12:30 a.m. Monday, about halfway through their trip home.

Quoted

"They didn't see that stop sign. They shot right through it ... It was a sad evening."

Glades County Sheriff's Office Chief Deputy Duane Pottorff told the Associated Press

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If you are eligible to participate in this study, all investigational medication, study-related tests and study doctor's visits will be provided at no cost to you. Study participants may be reimbursed for study-related expenses.

2

CULTURE

Twitter feed

Today, Andy Cohen just wants to be clear on the particulars, Matthew Perry is asking the important questions, Conan O'Brien is just as surprised as the rest of us, Tom Hanks is in a pretty good mood and Rose McGowan might be on something, just saying.

@Andy: I can now legally be denied service in Indiana because I am gay, or Jewish? Am I right, @GovPenceIN? Sounds like a fun place to visit!

@MatthewPerry: Who has more money Tony Stark or Bruce Wayne?

@ConanOBrien: Buzzfeed now has a seat in the White House press briefing room. I read about it in their list of 14 Sentences That Confuse Your Grandmother.

@tomhanks: I do love a parade. Don't you?

@rosemcgowan: I think Rhthym is a bizarre looking word. Just sayin'.

Mariah Carey and Brett Ratner romance rumors? I guess?

This one is a bit of a head-scratcher. Freshly divorced Mariah Carey has been spending enough quality time with director and long-time pal Brett Ratner that romance rumors about the two are starting to crop up. No, seriously. They each had a birthday over the weekend and decided to join forces to celebrate, displaying supposedly extra-affectionate behavior during the festivities, prompting the speculation. Carey's rep, for the record, calls the rumors "ridiculous," telling People magazine that "they have been best friends for a very long time."

Extra-affectionate since 2005.

THE WORD

Ned Ehrbar takes on the world of gossip.

NED EHRBAR
@Nedrick
ned.ehrbar@metro.us

One Direction moving on from Zayn rather quickly

Little-known fact: One Direction started trying to leave Zayn out of photos back in November 2014.

This is how you know Zayn Malik is really, truly, for sure out of One Direction: The 22-year-old singer has officially been edited out of the introductory videos that play at the band's concerts. But what does the future hold for the remaining members? Possibly a return to reality TV, as a source tells Radar Online that "Simon Cowell is really pushing to do a 'search for the fifth member' sort of reality-show singing competition. Simon and the management team think that it is kind of a spectacular idea and they know that the ratings would be enormous."

Plus, those initial plans to continue on as a foursome apparently fly in the face of conventional wisdom: "All great boy bands throughout the modern music era — The Jackson Five, 'N Sync, New Kids On The Block, Backstreet Boys, The Wanted — all did so well because there were five members," the source explains. "Quartets never stay afloat in the boy band world." I think Boyz II Men and Color Me Badd would beg to differ.

Wait, this 'High School Musical 4' stuff is serious?

How did we all somehow miss that there was talk of a fourth "High School Musical" movie? And that apparently Zac Efron starring in it was a real possibility? Well, this is the world we live in now. "Although there have been rumors for the past several years that it is definitely happening, it was not a possibility until Zac overcame what his friends are calling his 'dark period,'" a source tells Star magazine. Also, director Kenny Ortega "would only do the film if Zac Efron and Vanessa Hudgens were brought back as the leads." So how is Ortega getting Efron back in the fold? By being there for him during his struggle to get sober. "When Zac was down in the dumps, Kenny was there every step of the way. Zac says he is ready to reprise his role in 'HSM4,'" the source says.

Late-night host. Trevor Noah seems great, but why not a woman?

South Africa's Trevor Noah will be your new "Daily Show" host, but when Jon Stewart first announced that he'd be stepping down later this year, initial speculation focused on correspondent Jessica Williams — who quickly excused herself from the running, tweeting, "Thank you but I am extremely under-qualified."

Even without Williams as a contender — and as good a fit for the job as Noah seems to be — did the "Daily Show" miss an opportunity by not finding a woman to take Stewart's place in the male-dominated late-night TV world?

The last few years have seen a familiar pattern: Jimmy Fallon taking over for Conan O'Brien and then Jay Leno; Seth Meyers stepping in for Fallon; James Corden succeeding Craig Ferguson; and Larry Wilmore taking over for Stephen Colbert, who is replacing David Letterman.

"Late night is still dominated by straight, white men, so any hiring decisions that fall outside those qualities adds to the diversity of the field," says Huffington Post senior comedy editor Katla McGlynn. "Unfortunately for female comics, Fallon, Kimmel and Meyers aren't going anywhere anytime soon. Someone will probably create a new late-night show hosted by a woman before a show is turned over to one."

Speaking of, we currently only have one woman in late night — Grace Parra, co-host of Fuse's pointedly named "White Guy Talk Show — until Friday when Grace Helbig's show premieres on E!.

Parra, for her part, is looking forward to seeing what Noah can do. "He's an exciting choice," she says. "I don't think there's a harder job to fill in television right now, so you need someone young and kind of new to the scene."

But what about that missed "Daily Show" opportunity? "I was really gunning for a Jason Jones-Samantha Bee co-hosting situation, like a real-life Ron Burgundy and Veronica Corningstone from 'Anchorman,'" McGlynn says. "I think a lot of people woke up and Googled 'Trevor Noah' Monday and were confused after all this hope of someone big like Tina Fey getting the job. But if they did their research, they found out that he's a really smart, funny stand-up comic."

As for Williams, she "would have a been a great choice," McGlynn says, but "she has a long career ahead of her. She will probably do a lot of different things creatively during the span of Noah's tenure as host." NED EHRBAR

Who is Trevor Noah?

Get to know the next host of 'The Daily Show'

Trevor Noah started out as an actor and appeared on soap operas before committing full-time to comedy. In South Africa, he hosted his own late-night comedy show, "Tonight with Trevor Noah," and has filmed four stand-up specials.

In 2012 he became the first South African comedian to appear on "The Tonight Show," and later the first on "The Late Show with David Letterman." Since December, Noah has appeared three times on "The Daily Show," and each appearance has pushed boundaries while still being hilarious. MATT LEE

Trevor Noah will be taking over "The Daily Show" from Jon Stewart.
GETTY IMAGES

Jaime Foxx declares open season for Bruce Jenner jokes

Jamie Foxx got back to his comedy roots for a quick bit at the iHeart-Radio Awards, but his humor isn't sitting too well with some. For example, Foxx apparently decided jokes about Bruce Jenner are now fair game, offering, "Bruce Jenner will be here doing some musical performances. He's doing a his-and-hers duet all by himself." And when that was met with some mixed responses from the crowd, Foxx tossed in, "Look, I'm just busting your balls. While I still can." Zing!

ALL PHOTOS GETTY IMAGES

Daily video

The dark side of public speaking

The good folks at the delightfully deranged Web comic Cyanide & Happiness turn their attention to the panic-inducing world of public speaking with this properly twisted short. What's the worst that could happen for one nervous presenter? Well, funny you should ask. Hopefully this will make you feel a little bit better about your next big presentation.

EXPLOSMENTERTAINMENT, YOUTUBE

Don't just stay young, stay 'Younger'

Interview.
Sutton Foster says she's no more hip than her social media-confused character on Younger."

"Younger," with Sutton Foster, right, premieres Tuesday at 10 p.m. on TV Land. / TV LAND

It's no secret that our culture is pretty youth-obsessed. But a new show on TV Land seeks to take that concept to another level: In "Younger," 40-year-old recent divorcee Liza can't break back into the job market in the entry-level jobs she needs, so she pretends to be 26. The show stars Broadway actress Sutton Foster (as well as Hilary Duff), and comes from "Sex and the City" producer Darren Star, who brought along his prior show's costume designer, Patricia Field. We talked to Foster about how it feels to have to act 15 years younger.

What made you want to sign on for this show?
I'm not your typical leading lady. I always joke that I don't see myself in this daily crime drama where I'm the steely secretary in the pin skirt, or something. Liza was just quirky and funny and the show was smart and I liked this idea. I was like, "Oh, there's so much potential of where this character could go and what the stories could be," and it just seemed like something that would be fun. I liked the idea of working with Darren Star.

You're in a pretty age-obsessed industry. Do you also feel pressure to look younger?
It was interesting to be playing this part and then also facing my own 40th birthday, and what that means and all that stuff. Being in this show and filming, I never thought about my age more in my life. Even the way I looked, I never really thought about it. In the theater it's a little different, but on camera, it's more revealing. But on our show, it's incredible, because three of our leads are over 40. We're all in our 40s. There's such a quest for holding onto youth in our industry, this idea that we have to still look like we're 20.

Are you a little more hip than Liza?
Not so much. I'm pretty much on par with her, in her 40-year-old vein. But it's been fun to be dressed for the show. The whole wardrobe is incredible, and [costume designer] Pat Field is amazing. And some of the clothes that they put me in, I'd be like, "Is this what the young people are wearing these days?" And then [co-star] Hilary [Duff] would walk in to do a table read, and I'd be like, "Oh, my gosh, totally!" She's all hip and cool, and I'm so not hip and cool. I'm such a jeans and T-shirt girl. I can't pull this stuff off in my real life. I feel like such a poser.

Designer chic

Costume changes

What's it like being dressed by Pat Field?
When I first met with her, I was like, I'm a blank canvas. I have no sense of style. And she was like, "score!" I just told her, as long as I feel confident and it's flattering, I'm good. The clothes have a sense of humor, and a sense of fun and play. I feel like wardrobe plays a character in the show.

LISA WEIDENFELD
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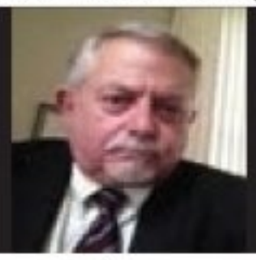
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Becki Newton is getting a little weird

Interview. The former "Ugly Betty" star takes on the role of a woman who can't quite get it together.

Fox's new sitcom, "Weird Loners" features four, er, weird loners, who find each other and become a sort of surrogate family, despite their oddness. The series stars Becki Newton ("Ugly Betty") as Caryn Goldfarb, a perpetually relationship-challenged oddball. We talked to Newton about being weird, and getting her big break.

What makes Caryn weird?
Caryn's weird because every time she gets a glimmer of hope in a relationship, she starts planning her wedding. She can't help herself. It happens every time. You'd think that after scaring three, four, five guys away with her enthusiasm, she'd become less enthusiastic.

Will she be self-reflective about that?
I don't think so. And that's what I love about her. In other shows I've read, the characters behave badly, realize they behave badly, and change. What I love about this show is that they behave badly, maybe realize they behave badly, and then do it all over again. You know they're going to do it, but you can't look away.

Did you always want to go into comedy, or did it just happen that way?
It really did happen. I was doing Olive Garden commercials, and I was psyched about them and then I got this part of Amanda on "Ugly Betty," and it was very different from who I am but allowed me to stretch. It allowed me to have so much fun with people who were great at what they did.

What were you selling for Olive Garden?
Bread sticks. It was awful. I was a great Olive Garden hostess selling bread sticks and helping a lovely blonde woman find her seat. I was really excited about it.

Well, everyone needs their big break.
That was my big break. As far as I was concerned, huge break.

Did you get any free food from Olive Garden?
Never. But the commercial did air during "Ugly Betty," and I wanted to die. I was still trying to pretend that I was a legitimate actress. I hadn't told anyone I'd just done commercials and then I remember being in the makeup trailer with Vanessa Williams and America Ferrera and I looked up and I saw it because they had TVs and I tried to like cause a commotion in the other end of the trailer.

"Weird Loners" premieres tonight at 9:30 p.m. on Fox. / RAY MICKSHAW, FOX

LISA WEIDENFELD
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Relationships

Love at second or third sight

There's a suggestion in the pilot that Caryn and Zachary Knighton's character might have a bit of a romance. Will we see more of that?
We will see more of it. They are like magnets because he's a jerk and she's nerdy. Like, that is an equation right there.

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Anthology. A new book challenges the stigma many childless adults face

Journalist Meghan Daum is sparking a lively conversation with her new book, "Selfish, Shallow and Self-Absorbed" (out today), a collection of essays by 16 writers about how they came to the decision to remain childless. Here, she dispels myths many believe about childless adults.

'No one believed me': "When I was in my 30s, I would pitch this idea to magazine editors, wanting to write about what it was like to be single and dating, knowing you don't want to have kids — if it changes the choices you make in terms of people you went out with, but no one would believe me," Daum tells us. "They'd say, 'You'll change your mind. Come back in five years.' The fact that you can be an adult woman and not feel maternal pangs is often still met with a 'you'll change your mind.'"

'The conversation needs to be reframed': When people do talk about childless adults, Daum says they are often called "selfish," and thought of as not as loving.

Meghan Daum is the editor of the book "Single, Selfish and Self Absorbed." PROVIDED

"Are parents selfish? Is it selfish not to have kids? The word is volleyed back and forth. It's an over simplistic and counterproductive way of thinking about this," Daum says.

'There needs to be room for ambiguity': The essays in the book vary greatly, and it should be noted they include three by men as well as the 13 by women. Lionel Shriver always knew she didn't want kids; others struggled with the decision. Rosemary Mahoney, for example, went as far as having IVF in her 40s before realizing that having a child was just something she wanted to want.

"I think it's important to understand that just because you've made this decision and you're happy with it and it's the right decision for you, doesn't mean you're not going to have moments where you think, 'Am I missing something?'" Daum says. "There needs to be room for ambiguity and even a little ambivalence." EMILY LAURENCE

wellbeing

MAKE HEALTHY YOUR NEW HAPPY

Mexican food is good for you — *really!*

ISTOCK

Instead of butter, use Greek yogurt punched up with chile pepper, lime and salt on your roast corn. ALL PHOTOS PROVIDED

Make Mexican food part of your healthy spring

Chef Ivy Stark gets back to the surprisingly wholesome roots of Mexican cuisine.

EVA KIS
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eva.kis@metro.us

The Mexican food we know and love is about as authentic as American Chinese food. Just as the latter isn't known for thick sauces, peanuts or frying, the Mexican food that Dos Caminos chef Ivy Stark saw on a recent cross-country trip south of the border didn't feature many of the ingredients we expect.

"I want to dispel the myth that melted cheese and sour cream are authentic Mexican food," she says.

Cheese, in fact, is a rarity — she found none in central Mexico, or the coast. It was actually Mennonites who settled along the border who popularized it. Another missing "staple" on every menu here: quesadillas as we know them.

What you do get is cuisine rich with vegetables, which are cheaper than meat. Sauces are made with roasted veggies, spices and sometimes nuts. After her trip, Stark created a whole new, healthier menu for her restaurants, and shared with us the tips on how, through changing techniques and ingredients, you can capture authentic flavors in dishes that are more nutritious and less fatty.

Ivy Stark

Roast your vegetables

Stark revamped her guacamole for the new menu, giving it a smoky depth of flavor with roasted jalapeno peppers. "Roasting is a really good technique because it concentrates the flavor," she says.

Change your wrapper

Replacing flour tortillas with corn saves calories, makes the dish gluten-free (one of the few items with gluten on a Mexican menu) and cuts out any potential hydrogenated oil. Cook it on a griddle to crisp it up instead of frying it.

Put out the fire

Stark worked with nutrition and stainability consultants SPE Certified, who recommended not putting proteins, including fish, on the grill — the charring can cause carcinogens to form. But you can still grill vegetables like corn and asparagus. "Grilling is also a really good technique, especially if you're looking to not use any fat," she says. "It's really delicious for corn, squash — everything tastes good on the grill because you get that smokiness against the sweetness of the vegetables. And it's easy!"

Recipe

Spring Vegetal Taco

Ingredients for tacos:
- 12 corn tortillas
- 12 oz. refried white beans
- 12 spears grilled jumbo asparagus
- 2 ripe California Hass avocados, sliced and grilled
- 12 tsp. cucumber pico de gallo
- 12 tsp. queso fresco

Ingredients for cucumber pico de gallo:
- 2 kirby cucumbers, peeled
- 1 small red onion, finely diced
- 2 roma tomatoes, finely diced
- 1 jalapeno pepper, finely chopped
- 1 serrano chile, finely chopped
- ¼ cup freshly squeezed lime juice
- 2 tsp. extra virgin olive oil
- 1 tsp. lemon olive oil
- salt

Directions:
For the pico, finely dice the cucumbers, combine with the remaining ingredients and season with salt. Let stand 30 minutes before serving.

To assemble the tacos:
1. Warm the corn tortillas by placing them on a warm griddle for 30 seconds.
2. Place a spoonful of white beans into each of the corn tortillas.
3. Cut asparagus in half and place on top of white beans.

4. Place one slice of grilled avocado and 1 teaspoon of cucumber pico de gallo in each taco. Sprinkle with queso fresco.

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Stay light on your feet at FlyBarre

Kara Liotta created the heart-pumping interval class. PROVIDED

This class packs some serious upper body action too.

LINDA CLARKE
@MetroBOS
letters@metro.us

Since its 2011 debut, FlyBarre has spread to Flywheel studios around the country, but it's just now pirouetting into Boston. To mark the occasion, we checked out a class to see how it holds up among the increasingly crowded field of fusion fitness.

Program director and master instructor Kara Liotta says don't worry about bulking up with the muscles you'll build at FlyBarre. "It's about lengthening muscles and body sculpting," she says. "The fundamental shapes are dance. But it's not dance. It's not yoga or Pilates, but it includes yogic disciplines and lots of core strengthening."

A former professional dancer with certification in vinyasa yoga, Liotta designed the class with fusion elements in mind. The class comes in three formats: a 60-minute workout with a yoga-style stretch in the middle; a more intense 45-minute blast; and the sports class, with more cardio and heavier weights.

"Men often prefer the sports class, because the moves are bigger and more familiar," says Liotta.

Flywheel

800 Boylston St.
617-300-0388
www.flywheelsports.com

There is a fourth way, though: "People do them stacked," Liotta adds, meaning back-to-back Flywheel and FlyBarre classes. "That gives maximum benefit."

For lesser mortals who still want Flywheel's intense cardio, alternating the two classes jazzes up your routine and covers all bases.

Inside the Workout

FlyBarre

Two exercise bands, one low and one higher resistance, and hand-held medicine balls are on the barre lining the room. Two sets of weights are also used, with three heaviness options. High reps are an important feature and there comes a moment when "pulsing it" feels less gentle than the words imply, because by that time you're really working it. Everything from arms to feet is lengthened and strengthened, kicking up your circulation from top to toe — because you're barefoot, even your tootsies get a good flexing.

Bottom line: Familiarity with yoga, Pilates and classic dance is an advantage in prepping for the moves, but it won't make this sweat session any easier. If feels great to discover smaller muscles groups outside the usual abs and glutes. (It's often the small ones that secretly tighten and cause movement restriction.) Don't worry, the big guys — butt, arms, thighs and upper core, both front and back — get their turn too. Because FlyBarre ticks the hot-button HIIT box, you're soon onto the next move, so exercises don't become (too) excruciating. Unusual for a group class, FlyBarre doesn't feel competitive, and you can work at your own pace. Because of the dance element and intense core strengthening, the class can help with poor posture, which in turn promotes good joint and organ health. Oh, and it makes your figure more attractive too.

Healthier egg hunt alternatives

While there isn't a historical basis for chocolate and candy at Easter, not having them to look forward to after the ham and deviled eggs would be like missing a course. But their ingredients can be not-so-sweet: Most jelly beans are made with high-fructose corn syrup, and nearly all major chocolate brands contain emulsifiers, which a recent study linked to metabolic disease in mice. But don't cancel the egg hunt yet; here are some healthier choices for the Easter Bunny to stash.

EVA KIS

Justin's Milk Chocolate Peanut Butter Cups

Justin's started out making all-natural nut butters, and the same philosophy applied to putting a chocolate shell around them. You won't find the cocoa butter replacement PGPR in these cups, which use organic ingredients and non-hydrogenated palm fruit oil. There's a hint of sea salt to keep things interesting, and the gluten-free, vegan treats are also available coated in dark and white chocolate. **$23.89 for 24, Justins.com**

Righteously Raw Cacao Bite Size

No sugar, preservatives, dairy or emulsifiers — this is just the raw power of chocolate. The subtly flavored Rose bar, with a purple color that comes from raspberries and beets, tastes more like spring than a creme egg, and Synergy Spice is packed with enough energy-boosting ingredients (cinnamon, lucuma, cayenne) to wake you right out of the winter slump. **$24.25 for 32 squares, RighteouslyRawChocolate.com**

Surf Sweets Organic Spring Mix Jelly Beans

These jelly beans are not only free of artificial colors, flavorings and corn syrup, they are made with organic fruit juice. They're also tastier than what's glutting all the supermarket shelves, in flavors like tropical punch, pineapple and watermelon (you may not even recognize the natural version!) **$4.99 for 8 oz., surfsweets.com**

Horoscope

♈ Aries | March 21-April 20
Be proactive. Professional and financial gains are likely if you share your ideas and enlist people who can help you make your dreams become reality.

♉ Taurus | April 21-May 21
Stubbornness will be your downfall. Go the extra mile required to keep the peace with family members and colleagues. Unless you are asked, keep your opinions to yourself.

♊ Gemini | May 22-June 20
Love and romance are in the air. The person who holds a special place in your heart could be looking for a solid commitment. Candidly share your feelings and dreams.

♋ Cancer | June 21-July 22
Work independently today. Trying to explain yourself to others will slow down your progress and lead to interference and frustration. Protect your position and your possessions.

♌ Leo | July 23-Aug. 22
Envision the future you desire. Make personal or professional changes that will bring you closer to your goals. Improvements to your education will lead to greater prosperity.

♍ Virgo | Aug. 23-Sept. 22
Lighten up and do your best to have fun. If you are feeling unhappy or bored, get together with someone who makes you smile.

♎ Libra | Sept. 23-Oct. 22
Make the most of your vivid imagination and delve into a new creative project. Family members may be extra sensitive, so find a quiet corner and busy yourself doing what you enjoy.

♏ Scorpio | Oct. 23-Nov. 21
Despite your high energy level, it's important that you don't take on more than you can handle. Say no to anyone putting too many demands on your time.

♐ Sagittarius | Nov. 22-Dec. 21
The opposition will have trouble keeping up with you if you take action and follow through on the ideas that you've been harboring. The time is right to forge ahead.

♑ Capricorn | Dec. 22-Jan. 20
Make deals or form partnerships that will improve your financial position or status. Solid long-term investments will help add more stability to your life and future.

♒ Aquarius | Jan. 21-Feb. 18
You will make new friends and connect with influential people if you get involved in educational pursuits. Sign up for seminars that offer networking.

♓ Pisces | Feb. 19-March 20
If your skills are not being put to the best use, consider working for yourself. The activities that stimulate you will improve your financial position.

EUGENIA LAST

Letters to the editor

Fight against nuclear future

Having spent two summers in Hiroshima and Nagasaki, I have seen the inhumane effects of nuclear weapons firsthand. Consequentially, I am appalled that certain members of Congress seek to foil nuclear negotiations between the U.S. and Iran. By threatening to sabotage diplomacy, they are jeopardizing global stability. Earlier this month, forty-six members of Congress sent a letter to the Iranian government, pledging to block any joint agreement.

While 68 percent of Americans favor diplomacy with Iran, the senators aim to increase sanctions instead, a strategy that has failed in the past. If an agreement is not reached, other nations in the area have stated that they will seek nuclear weapons; I suppose proliferation is not a concern of theirs, who shamelessly pursue their own interests at the expense of a peaceful resolution. I will not sit idly by while members of Congress push Iran away from the negotiating table and our world away from a safe and nuclear-weapon-free future.

MARY POPEO, VIA EMAIL

Canada and Constitution

Re: 'Cruz is a Canadian' (Metro, March 27-29) Letter writer Ken Bonacci is correct to criticize Ted Cruz's Canadian citizenship, but he seems confused about the main issue. I will clarify. Thus: Article 2, Section 1, Clause 5 of the U.S. Constitution requires the president to be, among other things, a "natural born citizen," which in 18th Century America was understood as someone who is a citizen, born on native soil, and whose TWO parents were BOTH citizens, BOTH born on native soil. Here is the main issue: Is Ted Cruz a natural born citizen? His mother was a U.S. citizen born in Delaware, but his father was born in Cuba, while Ted Cruz was born in Calgary, and thus a Canadian citizen, which Mr. Bonacci correctly stated. Clearly, Ted Cruz is not a natural born citizen and therefore, constitutionally ineligible to run for President.

ALTON YEE, VIA EMAIL

letters@metro.us

Keep them as brief as possible, preferably under 100 words. Metro reserves the right to edit all letters. Please include your name and contact info.

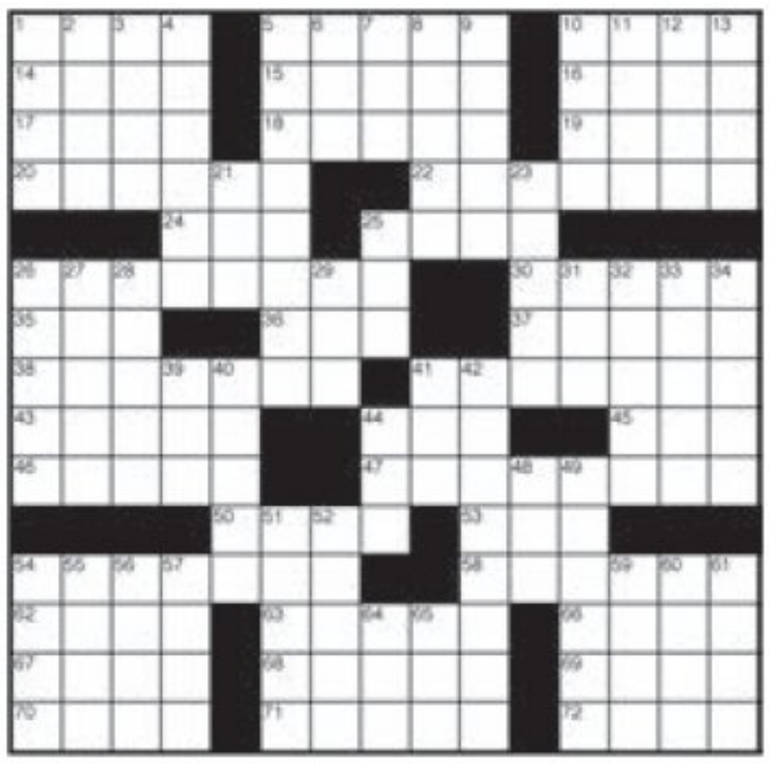
Sudoku: Easy and hard

					4	9	1	
3		4	8				5	
	9				2	4		3
			3			7	8	9
				9				
9	8	1			6			
5		9	1				6	
	6				5	1		7
	3	8	2					

	2	5		1		4		
1	4	8						6
		9					1	
				7	5	1		8
			2		4			
5		2	8	6				
	3					5		
9						8	6	1
		6		9		2	4	

How to play
Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Crossword



Across
1 Roy Orbison song
5 Important
10 Pitch a tent
14 Diva's rendition
15 House
16 Toward shelter
17 A throng
18 Tears to pieces
19 Pro — (in proportion)
20 Reunion invitees
22 More sassy
24 One — — kind
25 Talking bird
26 Cop's wheels (2 wds.)
30 Where to see stars
35 Email provider
36 Coll. credits
37 Surfer slang
38 On the move
41 Letting up
43 Steal the scene
44 Low card
45 Job-ad letters
46 Germ killer
47 Versatile (hyph.)
50 Shah's land
53 Trial VIPs
54 Makes a pit stop (2 wds.)
58 Tree sprites
62 "Peanuts" girl
63 Memory glitch
66 Toast topper
67 Skunk's defense
68 Ohio Indians
69 Patricia of "Hud"
70 Mouthful
71 One-pot dinners
72 Cartoon chipmunk

Down
1 The Dalai —
2 Of an historic time
3 Japanese aborigine
4 Loft
5 Fiesta music
6 Homer Simpson's dad
7 Voight of films
8 In a weird way
9 Amber, e.g.
10 Bottom feeder
11 Jai —
12 Give out sparingly
13 Fruit tree
21 Goodell's org.
23 Ottoman VIP
25 Half a couple
26 Committee
27 Spacious
28 "Miami Vice" actor
29 Bow shape
31 Greenhouse buy
32 Word of parting
33 Minolta rival
34 Sidled past
39 From — — Z
40 Salami sellers
41 Hole puncher
42 Daring
44 Get some sun
48 — Bradbury of sci-fi
49 "Puppy Love" singer
51 Gets crowned
52 Separate
54 Lump of jelly, say
55 Autobahn vehicle
56 Bagpipes player
57 Fictional governess
59 Courtroom bargain
60 Recover
61 Shoe part
64 Crusty dessert
65 Embroider

Visit us online at **Metro.us.**

Use your smartphone to find today's crossword answers! Download and open the Blippar app on your smartphone and hold the screen over the puzzle.

Yesterday's answer

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Certified Audit CAC of Circulations

MLB pre-season power rankings | by Ryan Hannable

No. 1

Dodgers (94-68)*

After falling in Game 7 of the ALDS to the Cardinals last season, the Dodgers are out for revenge. With a starting rotation featuring the dominant Clayton Kershaw, Zack Greinke, Hyun-Jin Ryu and Brandon McCarthy, you're likely not going to find a better staff in the majors.
*2014 records

No. 2

Nationals (96-66)

Not only do the Nationals have one of the best young talents in the game in Bryce Harper, Washington went out and acquired an ace arm in Max Scherzer.

No. 3

Cardinals (90-72)

The Cardinals have long been known for their pitching, but St. Louis landed Jason Heyward this off-season to help bolster its lineup. They're favorites in the NL Central.

No. 4

Mariners (87-75)

The Mariners missed the playoffs by just one game last season. Big bopper Nelson Cruz should help Seattle's offense.

No. 5

Angels (98-64)

The Angels won the AL West last season. There's no doubt they'll be good again this year, but how good is the question, especially with the status of Josh Hamilton up in the air.

No. 6

Giants (88-74)

The defending world champs lost their third baseman in Pablo Sandoval to Boston. But with World Series MVP Madison Bumgarner leading the way, anything can happen.

No. 7

Pirates (88-74)

Pittsburgh, led by Andrew McCutchen, has had a resurgence the past few seasons. He will get some help with Korean infielder Jung Ho Kang, who hit 40 homers in Korea last year.

No. 8

Royals (89-73)

The Royals lost their ace in James Shields, so they will be in search for a new No. 1 starter. A return World Series trip will be difficult.

No. 9

Tigers (90-72)

The Tigers are always close to or at the top of baseball in runs scored. The pitching staff is in rough shape though with the losses of Max Scherzer and Rick Porcello.

No. 10

Blue Jays (83-79)

The Blue Jays made some noise this offseason as they added Russell Martin and Josh Donaldson offensively. Many are picking them to win a jumbled AL East.

No. 11

Athletics (88-74)

Oakland lost a boatload of talent and seems to be going with the philosophy of using young players with cheap contracts. Will it be enough to get back to the postseason?

No. 12

Red Sox (71-91)

They should have one of the better lineups with Pablo Sandoval and Hanley Ramirez on board. But their success will depend on their pitching.

No. 13

Padres (77-85)

Similar to the Red Sox, this team could be ranked higher with all the talent they acquired in a big offseason. But they haven't yet proven anything.

No. 14

Orioles (96-66)

Led by Buck Showalter, the O's should once again be in the playoff mix this season. The loss of Nelson Cruz will hurt their offensive production for sure, however.

No. 15

Indians (85-77)

The Indians were in the Wild Card hunt for much of last season and should be able to compete with for the division crown. Defending AL Cy Young winner Corey Kluber returns.

No. 16

Marlins (77-85)

With a healthy Giancarlo Stanton, and not a dominant team in the NL East, the Marlins could be back making a postseason run.

No. 17

Cubs (73-89)

Could this be the Cubs' year to turn things around? Cubs president Theo Epstein certainly helped his cause by landing free agent prize Jon Lester.

No. 18

Yankees (84-78)

There are a ton of question marks here. The biggest concerns the health of the pitching staff and how Masahiro Tanaka and C.C. Sabathia will hold up.

3 SPORTS

NHL

Bruins host Panthers

The Bruins are still scrapping for one of the two Wild Card spots in the Eastern Conference and they'll look for their third straight victory Tuesday at the Garden (7 p.m., NESN) when they host a Florida team that is still clinging to playoff hopes of their own. The Panthers currently have 85 points on the season while Boston has 89.

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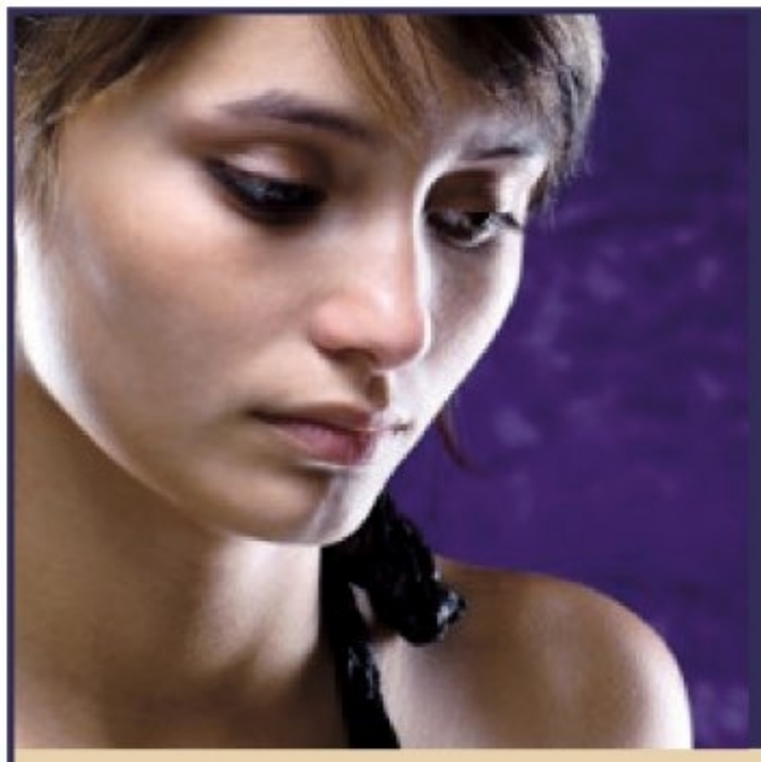

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Division of Neurology,
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Beth Israel Deaconess Medical Center

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Unit No. 2 (the "Unit") of 44 Ridgewood Street (the "Condominium"), located in Dorchester, Suffolk County, Massachusetts, a condominum established pursuant to Massachusetts General Laws, Chaper 183A, by Master Deet dated 11/24/2008 and recorded with the Suffolk County Registry of Deeds in Book 44270, Page 154, as amended. The Unit is laid out as shown on the plans filed with said Master Deed and on a copy of a portion of said plans attached to the first deed of the Unit recorded with said Suffolk County Registry, to which is affixed the verified statement in the form required by Section 9 of said Chapter 183A.

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